

Persistent Pain - Online Help Guides and Audio Files in Alternative Languages

<http://www.nhs.uk/Livewell/SouthAsianhealth/Pages/SouthAsianhealthhub.aspx>

The NHS Choices website has specific information for the South Asian community on diet, health and lifestyle.

<http://www.wellbeing-glasgow.org.uk/audio-resources>

This organisation has various information/relaxation MP3 audio files.

<http://www.londonhp.nhs.uk/services/mental-health/improving-access-to-psychological-therapies-iapt/translated-self-help-iapt-materials/>

The following translated self-help materials on depression, panic and stress have been produced in the nine most common, non-English languages. These resources have been made publically available for services to use with kind permission from Camden & Islington NHS Foundation Trust.

<http://www.awp.nhs.uk/about-us/the-trust/dont-ignore-your-mental-health/information-leaflets/>

A number of information leaflets have been developed to explain about a range of common well-being issues. The leaflets explain what the condition is, what the causes could be and what symptoms or signs are associated with it. You can download them here for free. Due to the success of these leaflets they are also available in eight different languages

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/translations.aspx>

This organisation has information in over 20 different languages, covering areas such as depression, anxiety, phobias, cognitive behavioural therapy and sleeping advice.

<http://nhsforthvalley.com/health-services/health-promotion/nutrition/multi-cultural-nutrition/>

The Eatwell plate is a policy tool that defines the Governments recommendations on healthy diets. It makes healthy eating easier to understand by giving a visual representation of the types and proportions of foods needed for a healthy and well balanced diet.

Eating a healthy and well balanced diet in line with the Eatwell plate can help improve your overall health and well-being. It can also help protect against heart disease, diabetes, osteoporosis, bowel disease and certain cancers.

<http://classic.healthinmylanguage.com/home.aspx> - health and wellbeing information across various topics and languages

<http://www.healthscotland.com/documents/5828.aspx>

Steps to deal with stress: A simple guide to stressing less and enjoying life more (March 2015). This booklet contains some practical ways for you to start dealing with stress right now and to stop it building up in future.

<http://www.healthscotland.com/documents/5274.aspx>

This leaflet explains the benefits of getting enough Vitamin D as part of a healthy diet.

<http://www.suffolkmind.org.uk/the-quran-and-emotional-health.asp>

32 page booklet it is designed to sit easily in different settings; mosques, community centres or GP surgeries. By outlining emotional and mental health needs in an Islamic context, it also supports health and social care professionals to work more effectively with Muslims and Muslim communities.